



ARNOLD'S WAY

ORGANIC RAW VEGAN CAFE



REAL FRUIT SMOOTHIES

GREEN SMOOTHIE | 16 OZ: \$5.00 | 24 OZ: \$7.00

The ORIGINAL and the SECRET to radiant health! Kale or collards, banana, date, pear, apple, fresh filtered water

GREEN FORCE | 16 OZ: \$5 | 24 OZ: \$7.49

Organic bananas, organic Hawaiian spirulina, strawberries, dates, fresh filtered water

SPECIALTY SMOOTHIES

16 oz: \$5.99 | 24 oz: \$7.99

ALOE BERRY

banana, strawberry, aloe

CHOCO CHARMER

banana, cacao powder, vanilla, cashew

CHOCOLATE STRAWBERRY

banana, strawberry, cacao powder, hemp seed

PIÑA COLADA

banana, coconut, pineapple

RAINBOW

banana, mango, açai juice

BERRY BLAST

banana, strawberry, raspberry, blueberry, blackberry, goji berry, açai juice

CHOCO MACA CHIP

banana, maca, cashew, cacao nibs

SATERIA SUNSHINE

banana, hemp powder, pineapple, mango

WARRIOR

banana, mesquite, cinnamon, vanilla, hemp seeds

WOODSTOCK

banana, carob, maca, hemp, vanilla

SIMPLE SMOOTHIES

16 oz: \$4.00 | 24 oz: \$5.50

Made with organic bananas, filtered water, and organic dates!

Pick one fruit:

BLUEBERRY

PINEAPPLE

MIXED BERRY

MANGO

STRAWBERRY

SMOOTHIE BOWLS

\$10.00

BERRY BLAST SMOOTHIE BOWL

Berry Blast smoothie topped with your choice of 4 toppings

CHOCOLATE HEAVEN SMOOTHIE BOWL

Chocolate Charmer smoothie topped with your choice of 4 toppings

CHOOSE 4 TOPPINGS

Goji berries

Spirulina Powder

Coconut

Caramel Sauce

Cashew

Chia Seeds

Hemp Seed

Pumpkin Seeds

Granola

Cacao Nibs

Banana

Frozen Blueberries

PLAIN BANANA WHIPS

8 oz: \$3.50 | 16 oz: \$5.00

Organic frozen bananas, whipped into "custard"! Pure fruit energy

SPECIALTY BANANA WHIPS

8 oz: \$5.25 | 16 oz: \$7.25

BANANA CREAM PIE

banana, cashew, vanilla, hemp seed, date

CARROT CAKE

banana, carrot, raisins, cinnamon

CARAMEL CRUNCH

banana, granola, date caramel sauce

CHOCOLATE BLISS

banana, cacao powder, cacao nibs, coconut

FRUITY TOOTY

banana, mango, pineapple, strawberry

CHOCOLATE COVERED STRAWBERRY

banana, cacao powder, strawberries, cacao nibs

HULA

banana, coconut, mango, pineapple

OATMEAL COOKIE

banana, cinnamon, granola, raisins

HORMONE HELPER

banana, cacao nibs, dates, maca

DESIGN YOUR OWN BANANA WHIP

Add \$0.75

Blueberry

Mango

Pineapple

Strawberry

Carob

Coconut

Chopped dates

Add \$1.00

Cacao nibs

Cacao powder

Cashew

Raw date caramel sauce

Granola

Maca powder

JUICE JAMS

8 oz: \$5.00

BLOOD BOOSTER

Beet, carrot, celery, garlic

DAILY DETOX

apple, celery, cucumbert, kale

REJUVENATOR

apple, carrot, celery, ginger

CARROT

\$3.50

CARROT APPLE

\$4.25

RAW PIES

\$5.49/ slice

APPLE

CHOCOLATE MOUSSE

CAROB ICED MACA CHEEZECAKE

COCONUT CREAM

Make your pie "ala mode" with banana whip for \$1

STARTERS

RAW SOUPS

12 oz: \$7.00

Fresh veggies blended smooth with filtered water, extra virgin olive oil and Bragg's Aminos. Designed for well-being and blenderized fresh when you order!

BORSCHT

beet, carrot, celery, sunflower seeds

CARROT GINGER KREAM

carrot, ginger, avocado, date

MUSHROOM BISQUE

mushroom, cashew, garlic, raisins

GAZPACHO

tomato, celery, red pepper, zucchini, garlic

RICH GREENS

avocado, broccoli, pumpkin seeds, zucchini

SALADS

\$9.00

A generous portion of organic greens and hand sliced veggies served with our housedressing.

Please ask for raw vinegar or lemon, if desired.

Add a slice of raw bread or avocado for \$1.00

GARDEN SALAD

greens, tomatoes, broccoli, carrots, cucumber

AVOCADO SALAD

greens, avocado, pumpkin seeds, carrots, celery, onions

APPLE HEMP RAISIN SALAD

greens, apples, raisins, hemp seeds

BEET SALAD

greens, beets, hemp seeds, carrots, raisins, apples

BERGER SALAD

greens, berger, mushroom, tomato, pickle, onion, red & white sauce

TOONA SALAD

greens, toona, tomato, carrot, onion, pickle

OUR HOUSE DRESSING

A delicious blend of raw Braggs, extra virgin olive oil, and raw agave

OUR WHITE SAUCE

A savory sauce of blended sunflower seeds, Braggs, vinegar, nutritional yeast

OUR RED SAUCE

A blend of sundried tomato, beets, olive oil, celtic salt, oregano, basil, date

OUR RAW BREAD

Dehydrated, crunchy slices of flax, buckwheat, carrot, olive oil, celtic salt... dried at 105° to stay alive!

OUR RAW BURGER

Sunflower seeds and various veggies, olive oil and celtic salt dehydrated into a patty

CHEDDAR CHEEZE

A savory blend of cashew, red pepper, lemon, and salt

ENTREES

SANDWICHES

\$9.00

Served opened faced on 2 Livin' Bread "Krackers." Ask for olives, if desired! Add avocado for \$1.00

AVOCADO SANDWICH

Smashed avocado, greens, tomato, carrot, pickle, onion & white sauce

CHEEZE SANDWICH

Cheddar cheeze, greens, tomato, carrot, pickle, onion & white sauce

CHEEZEBERGER SANDWICH

Our dehydrated carrot burger, greens, tomato, carrot, pickle, onion, red & white sauce

TOONA SANDWICH

Mock tuna, greens, tomato, carrot, pickle, onion & white sauce

NORI WRAPS

\$8.00

Veggies and fillings wrapped in Raw Nori Seaweed, served with a small bed of greens with house dressing

ORIGINAL "WRAP"

Greens and chopped veggies, avocado, celery, carrot, tomato, zucchini, olives

MEDITERRANEAN "WRAP"

Greens and chopped mushrooms, red pepper, onions, zucchini, olives

CALIFORNIA NORI "ROLL"

Cheddar cheese, greens, carrot, broccoli, tomato

TOONA NORI "ROLL"

Toona, greens, carrot, cucumber

PIZZA & SPAGHETTI

\$9.00

Fabulously famous... and fabulously delicious! Add avocado for \$1.00

PIZZA

2 Livin' Bread "krackers", tomatoes, broccoli, mushrooms, olives, red and white sauce

SPAGHETTI ALFREDO

Spiralized zucchini, broccoli, white sauce, garlic, oregano

SPAGHETTI MARINARA

Spiralized zucchini, broccoli, white sauce, red sauce, tomato, mushroom, olives

GORILLA WRAPS

\$8.00

Collard leaf "wrap" stuffed with lettuce, tomato, pickle, onion, carrot, white sauce, and a filling of either Cheddar Cheez or Toona. Served with a small side salad with house dressing. Add avocado for \$1.00